

# PROMEDICA DEFIANCE REGIONAL HOSPITAL

## 2013 Community Health Needs Assessment



**PROMEDICA DEFIANCE REGIONAL HOSPITAL**  
**2013 COMMUNITY HEALTH NEEDS ASSESSMENT**

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## **I. INTRODUCTION**

ProMedica Defiance Regional Hospital, a member of the health system ProMedica, is a committed healthcare resource in the northwest Ohio community, providing not only acute care and emergency services, but specialty medical and mental health services to patients, regardless of ability to pay. ProMedica's Mission is to improve the health and well-being of communities we serve.

ProMedica Defiance Regional Hospital conducted and adopted the current community health needs assessment (CHNA) in 2013. ProMedica Defiance Regional Hospital participated in the 2012 Defiance County Needs Assessment which is the first Defiance County CHNA that included adolescent and adult data. One area of weakness of the CHNA was the relative age of available secondary and public health data. Following the formal county assessment survey process, multiple community organizations collaborated to develop a strategic plan for Defiance County, with ProMedica Defiance Regional Hospital represented on these community strategic planning groups, as a member of ProMedica. A resource assessment was compiled as part of this process.

ProMedica Defiance Regional Hospital will specifically implement programs to address the following health needs, listed in order of priority (in order of importance, ranked by consensus):

- Youth Mental Health
- Cancer
- Obesity/Hunger
- Access to Care/Transportation
- Community Health Partners Funding

In addition, as part of the ProMedica health system, some community health programs are developed and implemented at the corporate level, with tobacco use, obesity/hunger and mental health/bullying identified as the focal points for 2013. The hospital expanded the resource assessment developed at the county level to evaluate any gaps in services to address key health issues. The full ProMedica Defiance Regional CHNA may be accessed at:

[www.promedica.org/chna](http://www.promedica.org/chna).

## **II. PROMEDICA DEFIANCE REGIONAL HOSPITAL COMMUNITY SERVICE AREA**

The definition of the primary community served by ProMedica Defiance Regional Hospital for this assessment is Defiance County, Ohio. The secondary service area that is served by the Hospital includes Paulding, Henry, Fulton and Williams Counties, located in the northwestern region of Ohio, with a total population estimated at 166,475. ProMedica Defiance Regional Hospital is one of 8 acute care hospitals serving these 5 counties, and one of three hospitals

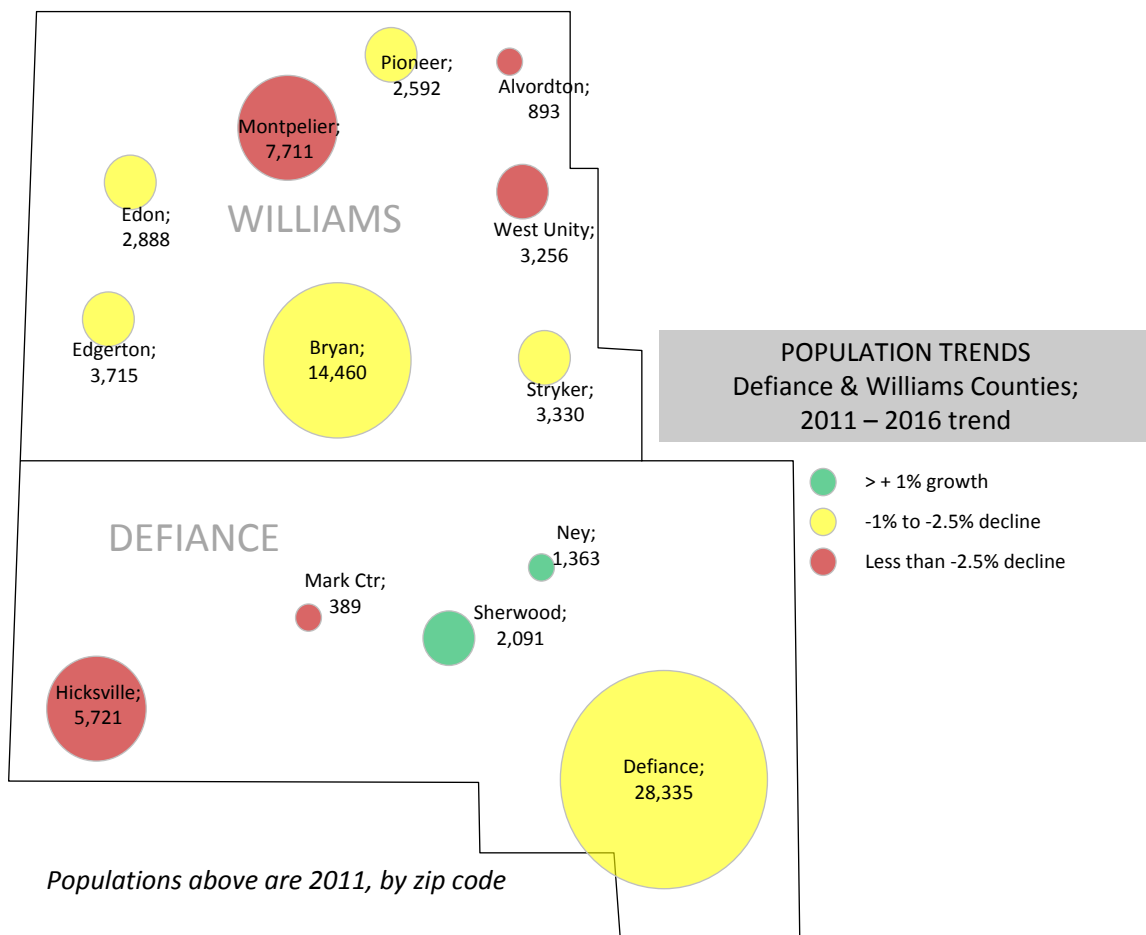
serving Defiance County. ProMedica Defiance Regional Hospital provides acute emergency services, trauma care services, medical and surgical inpatient and outpatient services, as well as mental health and emergency air transport services on its campus. For purposes of this plan, the health statistics and factors for Defiance County were reviewed and used in completing this community health assessment. For detailed demographic information on Defiance County residents, please refer to Appendix A.

Key demographic trends in Defiance county when compared to national numbers include:

- Lower average household income when compared to national average
- Larger % of the population in the age brackets of 55-64 and 65+
- Larger % of White non-Hispanic ethnicity
- Lower % of college educated population

### *Population Trends*

Both Defiance & Williams counties have a projected negative growth in total population from 2011 to 2016, -1.8% and -2.5% respectively.



### *Payor Mix of residents in Defiance County*

Based on 2010 inpatient discharges, Defiance County has a large proportion of Medicare patients (46%). Commercial payors are 34.3% in Defiance County. There has also been an increase in Medicaid patients, most likely due to the increase during the same timeframe in unemployment in 2008-2009. There is a high likelihood that this will continue to increase due to the Affordable Care Act. Additionally, Defiance realized a 2.5% jump in self-pay patients during this time.

DEFIANCE COUNTY			
Payor	2008	2009	2010
Medicare	46.8%	45.8%	46.0%
Commercial	35.4%	35.6%	34.3%
Medicaid	12.2%	12.6%	13.8%
Self Pay	1.8%	3.7%	4.3%
Other	3.3%	1.7%	0.8%
Worker's Comp	0.5%	0.5%	0.4%
Charity care	0.0%	0.0%	0.3%
<b>Grand Total</b>	<b>100.0%</b>	<b>100.0%</b>	<b>100.0%</b>

**Existing health care facilities and resources within the community** that are available to respond to the health needs of the community are listed below. Due to the presence of other hospital entities in each of the five counties, ProMedica Defiance Regional Hospital focuses most of its community health efforts within the Defiance County area – leaving the individual community efforts within the other four counties to the hospitals located in each.

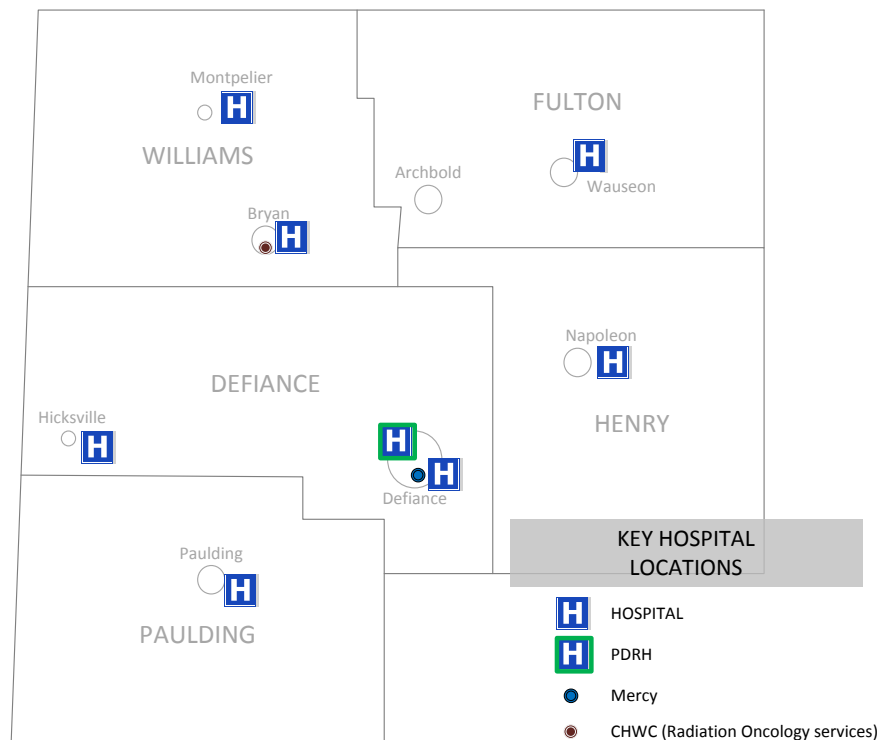


Table 1 - Hospitals Serving the County Service Area	
ProMedica Defiance Regional Hospital	Defiance, OH (Defiance)
Mercy Defiance Hospital	Defiance, OH (Defiance)
Hicksville Community Memorial Hospital	Hicksville, OH (Defiance)
Henry County Hospital	Napoleon, OH (Henry)
Community Hospitals and Wellness Ctrs	Bryan, Montpelier & Archbold, OH (Williams)
Fulton County Health Center	Wauseon, OH (Fulton)
Paulding County Hospital	Paulding, OH (Paulding)

#### Mercy Defiance Clinic & Mercy Defiance Hospital:

Mercy Defiance Clinic is a multi-specialty group practice consisting of 30 physicians and 270 employees. Effective January 1, 2012, Defiance Clinic joined Mercy and became Mercy Defiance Clinic. Defiance Clinic's satellite office in Napoleon is Mercy Napoleon Clinic. Mercy Defiance Hospital is now a fully-owned subsidiary of Mercy Health Partners.

#### Community Hospitals and Wellness Centers (CHWC):

CHWC supports 3 hospitals which are located in Bryan, Montpelier, and Archbold, Ohio all in the Williams County area.

#### Independent Hospitals:

Henry County Hospital, Paulding County Hospital and Fulton County Hospital remain independent.

#### Other health systems serving this area:

Parkview Health & Parkview Physicians' Group operates Midwest Community Health Associates (located in Williams County, Ohio).

Lutheran Health Network, located in Ft. Wayne, IN, is an integrated healthcare delivery system that serves 23 counties in northeastern Indiana and northwestern Ohio including Community Memorial Hospital in Hicksville, Ohio.

#### *Addressing other issues*

ProMedica Defiance Regional Hospital also collaborates with other entities to address issues in our service area. Community organizations who participated in the health assessment and strategic planning process include, but are not limited to: American Cancer Society, Center for Child & Family Advocacy, City Council, Defiance College, Defiance Development and Visitors Bureau, Defiance City Schools, Defiance County Commissioners, Defiance County Health District, Family & Children First Council, Four County ADAMhs Board, Four County Family Center, Help Me Grow, Maumee Valley Guidance Center, Mercy Defiance Clinic/Hospital, Ministerial Association, United Way, and Defiance Area YMCA. (Refer to page 10 for a full listing of participating organizations).

### **III. COMMUNITY HEALTH NEEDS ASSESSMENTS**

The ProMedica Defiance Regional Hospital process for identifying and prioritizing community health needs and services included:

- Defiance County Health Needs Assessment
- Defiance County Strategic Planning process, workgroups and final strategic plan
- ProMedica Defiance Regional Hospital's CHNA process and targeted implementation plans

The health areas that were examined by the formal county needs assessment survey include, but are not limited to: health status perceptions, health care coverage, health care access and utilization, cardiovascular health, cancer, diabetes, asthma and other respiratory diseases, arthritis, weight status, tobacco use, alcohol consumption, marijuana and other drug use, women's health, men's health, mental health and suicide, preventive medicine and other health screenings and immunizations, sexual behavior and pregnancy outcomes, perceived quality of life, youth safety, youth violence, youth perceptions, oral health, family functioning, income profiles, parental health, and disaster preparedness including communication, knowledge and utilization, hazards and business preparedness.

#### **DEFIANCE COUNTY HEALTH NEEDS ASSESSMENT PROCESS**

ProMedica Defiance Regional Hospital utilized the data provided in the Defiance County CHNA as the basis for their community health needs assessment. To begin the formal county assessment process, the Hospital Council of Northwest Ohio Data Division, in conjunction with the University of Toledo Health and Human Services Department, conducted the formal county health assessment utilizing the following methodology. (Refer to page 10 for a list of collaborating organizations.)

##### **Adult Survey**

Adults ages 19 and over living in Defiance County were used as the sampling frame for the adult survey. Since U.S. Census Bureau age categories do not correspond exactly to this age parameter, the investigators calculated the population of those 18 years and over living in Defiance County. There were 39,037 persons ages 18 and over living in Defiance County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding confidence interval of 5% (i.e., we can be 95% sure that the "true" population responses are within a 5% margin of error of the survey findings.) A sample size of at least 379 adults were needed to ensure this level of confidence. The random sample of mailing addresses of adults from Defiance County was obtained from American Clearinghouse in Louisville, KY.

##### **Procedure - Adult Survey**

Prior to mailing the survey to adults, an advance letter was mailed to 1,000 adults in Defiance County. This advance letter was personalized, printed on Defiance County Health Partners

stationery and was signed by Kimberly Moss, Health Commissioner, Defiance County General Health District. The letter introduced the county health assessment project and informed the readers that they may be randomly selected to receive the survey. The letter also explained that the respondents' confidentiality would be protected and encouraged the readers to complete and return the survey promptly if they were selected.

Two weeks following the advance letter, a three wave mailing procedure was implemented to maximize the survey return rate. The initial mailing included a personalized hand signed cover letter (on Defiance County Health Partners stationery) describing the purpose of the study; a questionnaire printed on colored paper; a self-addressed stamped return envelope; and a \$2 incentive. Approximately two weeks after the first mailing, a second wave mailing included another personalized cover letter encouraging them to reply, another copy of the questionnaire on colored paper, and another reply envelope. A third wave postcard was sent two weeks after the second wave mailing. Surveys returned as undeliverable were not replaced with another potential respondent. The response rate for the mailing was 50% (n=482). This return rate and sample size means that the responses in the health assessment should be representative of the entire county.

#### Adolescent Survey

Superintendents approved the survey. Schools and grades were randomly selected. Each student in that grade had to have an equal chance of being in the class that was selected, such as a general English or health class. Classrooms were chosen by the school principal. Passive permission slips were mailed home to parents of any student whose class was selected to participate. The response rate was 93% (n=408). The survey contained 74 questions and had a multiple choice response format.

#### Data Analysis

Individual responses were anonymous and confidential. Only group data is available. All data were analyzed by health education researchers at the University of Toledo using SPSS 17.0. Crosstabs were used to calculate descriptive statistics for the data presented in this report. To be representative of Defiance County, the adult data collected was weighted by age, gender, race, and income using 2010 census data. Multiple weightings were created based on this information to account for different types of analyses.

#### Primary Data Collection Methods Limitations

As with all county assessments, it is important to consider the findings in light of all possible limitations. First, the Defiance County adult assessment had a high response rate. However, if any important differences existed between the respondents and the non-respondents regarding the questions asked, this would represent a threat to the external validity of the results (the generalizability of the results to the population of Defiance County). If there were little to no differences between respondents and non-respondents, then this would not be a limitation. Second, it is important to note that, although several questions were asked using the same



wording as the CDC questionnaires, the adult data collection method differed. CDC adult data were collected using a set of questions from the total question bank and adults were asked the questions over the telephone rather than as a mail survey. The youth CDC survey was administered in schools in a similar fashion as this county health assessment.

## **CONSULTING ORGANIZATIONS**

The process for consulting with persons representing the community's interests and public health expertise began when local community agencies were invited to participate in the county wide health assessment process, including choosing questions for the surveys, providing local data, reviewing draft reports and planning the community event, release of the data and setting priorities. The needs of the population, especially those who are medically underserved, low income, minority populations and populations with chronic disease needs were taken into account through the sample methodology that surveyed these populations and over-sampled minority populations.

As evidenced by the list of participating organizations below, the hospital facility took into account input from persons who represent the community by participating with other organizations in Defiance County who contracted with the Hospital Council of Northwest Ohio, a non-profit hospital association, located in Toledo, Ohio, to coordinate and manage the county health assessment and strategic planning process. The Hospital Council has been completing comprehensive health assessments since 1999. The Project Coordinator from the Hospital Council of NW Ohio holds a Master's degree in Public Health and conducted a series of meetings with the planning committee from Defiance County. In addition, ProMedica Defiance Regional Hospital leaders, throughout the process, remained involved with the Defiance County group established to create the Community Health Needs Assessment (Defiance County Health Partners), and the expanded version of that group (Defiance County Strategic Planning Committee) used to review the report data once completed and to author the Health Improvement Plan (HIP). As well, hospital administration maintains contact and involvement with other community agencies and organizations on a regular basis - including an ongoing commitment to having hospital leadership members serve on agency and organization boards.

During the meetings to plan the health needs survey, banks of potential survey questions from the Behavioral Risk Factor Surveillance, Youth Risk Behavior Surveillance, and National Survey of Children's Health surveys were reviewed and discussed. Based on input from the Defiance County planning committee, the Project Coordinator composed drafts of surveys containing 109 items for the adult survey, 83 items for the adolescent survey, 76 items for the 0-5 survey, and 83 items for the 6-11 survey. The drafts were reviewed and approved by health researchers at the University of Toledo.

The needs of the population, especially those who are medically underserved, low-income, minority populations and populations with chronic disease needs were taken into account through the sample methodology that surveyed these populations and over-sampled minority populations.

In addition, the organizations that serve these populations participated in the health assessment and community planning process, such as the American Cancer Society, Defiance Area YMCA, Defiance County Family and Children First Council, the Defiance County General Health District, Defiance County Sheriff's Office, First Call for Help, Four County Board of Alcohol, Drug Addiction and Mental Health, Four County Family Center, Hicksville Community Service Center, Maumee Valley Guidance Center and the United Way of Defiance County.

**ProMedica Defiance Regional Hospital conducted the Needs Assessment with the following hospitals:**

- Mercy Defiance Hospital
- Community Memorial Hospital (Hicksville)

There were over 75 key leaders from the community that represented public health, law enforcement, schools, churches, local officials, social service agencies and other various community members in attendance at the public release of the community health needs assessment. At the event, participants participated in focus groups and priorities were chosen for Defiance County to focus on. Community participants were invited to join the Strategic Planning Process through the data surveillance work group, resource assessment work group or the gap analysis and strategic planning work group.

**DEFIANCE COUNTY STRATEGIC PLANNING PROCESS**

The Defiance County Strategic Planning Committee (SPC) met six (6) times and the county strategic plan was approved by the SPC in the second quarter of 2013. Beginning in November 2012, the SPC began a strategic planning process which was conducted by the Hospital Council of Northwest Ohio facilitators. The group completed the following planning steps:

1. Choosing Priorities - Use of quantitative and qualitative data to prioritize target impact areas
2. Ranking Priorities - Ranking the health problems based on magnitude, seriousness of consequences, and feasibility of correcting
3. Resource Assessment - Determine existing programs, services, and activities in the community that address the priority target impact areas and look at the number of programs that address each outcome, geographic area served, prevention programs, and interventions
4. Gap Analysis - Determine existing discrepancies between community needs and viable community resources to address local priorities; Identify strengths, weaknesses, and evaluation strategies; and Strategic Action Identification
5. Best Practices - Review of best practices and proven strategies, Evidence Continuum, and Feasibility Continuum

6. Draft Plan - Review of all steps taken; Action step recommendations based on one or more the following: Enhancing existing efforts, implementing new programs or services, building infrastructure, implementing evidence based practices, and feasibility of implementation.

Members of the SPC thoroughly reviewed the 2012 health assessment project data and other sources of information to determine important priority health issues. They summarized and examined the data collected to determine gaps in current services by age, geographic location, and other criteria. In addition, the participants shared information about current gaps and emerging needs concerning the health of Defiance County residents and current and future programs and services to address these needs based on their personal and agency experiences.

In the final sessions, the SPC outlined a three-year strategic plan which addresses the priority areas, recommends research-based strategies and interventions, identifies outcome measurements to monitor progress over time, and identifies evaluation strategies to measure if the measures implemented are effective. The Defiance County SPC concluded this process by reviewing each of the health issues previously identified, to determine the priority challenges to work to address over the next three years based on: the number of persons affected, the resources needed to begin to have a positive impact on the problems, and the overall strategies necessary to work collaboratively.

The Defiance County Strategic Planning process and groups included input from persons who represent the community. Collaborating participants included:

American Cancer Society

Center for Child & Family Advocacy

City Council, Defiance College & Pastoral

Community Memorial Hospital

Defiance Development and Visitors Bureau

Defiance City Administration

Defiance City Schools

Defiance County Commissioner Office

Defiance County Health District

Defiance County Juvenile Court

Family & Children First Council

Four County ADAMhs Board

Four County Family Center

Help Me Grow

Hicksville Community Center

Hicksville Village Office

Law Enforcement

Maumee Valley Guidance Center

Mercy Defiance Clinic/Hospital

Migrant Health Promotion

Ministerial Association

ProMedica Defiance Regional Hospital

United Way

YMCA

This strategic planning process was facilitated by Britney Ward, MPH, Assistant Director of Health Planning, and Michelle Von Lehmden, Health Assessment Coordinator, both from the Hospital Council of Northwest Ohio. ProMedica Defiance Regional Hospital was represented in the development of the community-wide community benefit plan for Defiance County.

#### **IV. DEFIANCE COMMUNITY HEALTH NEEDS & PRIORITIES**

Many identified health needs are addressed by physicians at the time of related patient visits. Key findings that were identified in the Defiance County Health Needs Assessment include (\*indicates ProMedica has, or participates in, community outreach programs addressing these issues):

- Health Care Access\*
  - 10% of adults were without health care coverage
- Cardiovascular Health\*
  - Heart disease and stroke accounted for 31% of all adult deaths
- Cancer\*
  - Cancer was the second leading cause of death in the county - 17% lung cancer
- Diabetes\*
  - Diabetes has been diagnosed in 12% of adults and is the 6th leading cause of death
- Arthritis\*
  - 18% of adults were diagnosed with arthritis vs. 31% in Ohio and 26% in the U.S.
- Asthma\*
  - 12% of Defiance County adults had been diagnosed with asthma

- Obesity\*
  - 35% of adults were obese based on BMI vs. 30% in Ohio and 28% in the U.S. 17% of adults have an income <\$25K; an estimated 15.3% of Ohioans are low income.
- Tobacco Use\*
  - 18% of adults were current smokers vs. 21% in 2008
- Alcohol and Drug Use\*
  - 20% of adults were binge drinkers\* vs. 20% Defiance County in 2008
- Women's Health\*
  - 56% of Defiance County women over the age of 40 reported having a mammogram in the past year. 53% of Defiance County women ages 40 and over have had a clinical breast exam and 74% have had a Pap smear to detect cancer of the cervix in the past year
- Men's Health\*
  - 50% of Defiance County males over the age of 50 had a Prostate-Specific Antigen (PSA) test in the past year. 39% of males over the age of 50 had a digital rectal exam in the past year
- Preventive Medicine\*
  - 47% of adults ages 50 or over have had a colonoscopy or sigmoidoscopy in the past 5 years; 47% of adults reported having a flu shot during the past 12 months
- Adult Sexual Behavior
  - 4% of adults had more than one partner. Even though young people aged 15-24 represent only 25% of the sexually experienced population, they acquire nearly half of all STDs (This health issue is addressed by our physicians at related patient visits)
- Adult Pregnancy (Pathways Program)\*
- Quality of Life
  - 10% of Defiance County adults needed help handling their routine needs; 56% of Defiance County adults kept a firearm in or around their home; and 17% of adults texted while driving. (Ability to handle routine needs are assessed prior to discharge of inpatients. Issues related to firearms at home or texting may or may not be discussed at the time of a patient visit.)
- Social Issues\*
  - 6% of Defiance County adults were abused in the past year. 10% of adults were needed help meeting their general daily needs. 6% of adults were abused in the past year
- Mental Health\*

- 2% of Defiance County adults considered attempting suicide. 14% of adults looked for a program for themselves or a loved one to help with depression, anxiety or emotional problems.
- Oral Health\*
  - 65% of Defiance County adults had visited a dentist or dental clinic in the past year vs. 70% of U.S. adults and 72% of Ohio (2010).
- Youth Weight\*
  - 15% of Defiance County 6th -12th grade youth were obese, according to BMI.
- Youth Tobacco Use\*
  - 11% of Defiance County youth in grades 6-12 were smokers, increasing to 21% of those who were over the age of 17. Overall, 5% of Defiance County youth in grades 7- 12 indicated they had used chewing tobacco in the past month.
- Youth Alcohol and Drug Use\*
  - 14% of those 6th-12th graders who drank, took their first drink at 12 years old or younger. 24% of all Defiance County youth and 36% of those over the age of 17 had at least one drink in the past 30 days. 56% of the 7th -12th grade youth who reported drinking in the past 30 days had at least one episode of binge drinking. 7% of all youth drivers had driven a car in the past month after they had been drinking alcohol. 8% of all Defiance County youth had used marijuana at least once in the past 30 days, increasing to 16% of those ages 17 and older. 12% of 7th-12th grade youth used medications that were not prescribed for them or took more than prescribed to get high, increasing to 16% of high school youth.
- Youth Sexual Behavior\*
  - 28% of youth have had sexual intercourse, increasing to 56% of those ages 17 and over. 28% of youth had participated in oral sex, 9% had participated in anal sex, and 24% of youth participated in sexting. Of those who were sexually active, 16% had multiple sexual partners.
- Youth Mental Health\*
  - 15% of Defiance County 6th-12th grade youth had seriously considered attempting suicide in the past year and 5% admitted actually attempting suicide in the past year.
- Youth Safety and Violence\*
  - 42% of Defiance County 6th-12th grade youth self-reported that they always wore a seatbelt when riding in a car driven by someone else. 41% of youth drivers texted while driving. 13% of youth had carried a weapon in the past month. 31% of youth had

purposefully hurt themselves. 51% of 6th-12th grade youth had been bullied in the past year.

- Parenting\*

- 91% of children over the age of 2 have received all recommended immunizations. 99% of parents with a child under the age of 8 and less than 4 feet, 9 inches indicated their child used a car seat or booster seat.

The Defiance County Health Partners, using the Defiance County Health Needs Assessment, prioritized the following health issues, as indicated in Table 2 below, determining that if these issues are addressed by multiple agencies and organizations over the next three years, they could promote healthier lifestyles for all ages, reduce chronic health diseases, and improve several socioeconomic determinants of health for Defiance County residents. In some areas of identified need, ProMedica is already taking a system approach to addressing these community health needs, to most efficiently use resources and to prevent duplication of services, as reflected in Table 2 below.

<b>Table 2 - Defiance County Strategic Plan Priorities</b>	<b>Coalition or Organization Addressing Issue</b>
<b>Strategy 1: Decrease obesity among adults</b>	
• Implement a healthier choices campaign	• Defiance County Health District
• Increase opportunities for students to engage in physical activity and decrease sedentary behavior	• Defiance County Health District • Defiance Area YMCA* • Defiance Ministerial Association
• Implement a healthier vending campaign	• Defiance County Health District
• Wellness community guide and calendar	• Defiance Development and Visitor's Bureau* • Defiance City Council
• Increase businesses/organizations providing wellness programs and insurance incentive programs to their employees	• ProMedica Defiance Regional Hospital • Mercy Defiance Hospital
• Increase community gardens	• United Way of Defiance County* • Defiance Ministerial Association • Defiance Development and Visitor's Bureau
<b>Strategy 2: Decrease youth depression and suicide</b>	
• Increase awareness of available mental health services	• Four County Family Center • Four County ADAMhs Board • Family & Children First Council
• Expand evidence-based programs targeting youth	• Four County Family Center • Maumee Valley Guidance Center
• Increase the number of primary care physicians • screening for depression during office visits	• Four County Family Center • Four County ADAMhs Board • ProMedica Defiance Regional Hospital • Mercy Defiance Hospital
<b>Strategy 3: Decrease youth bullying</b>	
• Implement the Olweus Prevention Program in Defiance County schools	• Center for Child and Family Advocacy
• Implement related parent project	• Center for Child and Family Advocacy • Defiance County Juvenile Court
<b>Strategy 4: Decrease youth alcohol use</b>	
• Secure a Drug Free Communities (DFC) Grant	• Migrant Health Promotion

	<ul style="list-style-type: none"> <li>Defiance Regional Health District</li> <li>Family and Children First Council</li> </ul>
• Implement related parent project	• Center for Child and Family Advocacy
• Increase awareness of available programs	• Recovery Services of Northwest Ohio
<b>Trans-Strategies</b>	
• Implement a transportation system	• United Way of Defiance*
• Determine future funding criteria	<ul style="list-style-type: none"> <li>ProMedica Defiance Regional Hospital</li> <li>Mercy Defiance Hospital</li> </ul>

An asterisk (\*) above indicates ProMedica participation with organizations addressing these health issues, that may include financial support, although may not be specific to ProMedica Defiance Regional Hospital.

## **DEFIANCE COUNTY – HEALTH ISSUES FOR UNINSURED, LOW INCOME AND MINORITY GROUPS**

Primary and chronic disease needs and other prevalent health issues of persons with incomes of less than \$25,000 include: lack of health care insurance, weight control, and ability to meet general daily needs. The chronic disease prevalence among Defiance County adults with incomes less than \$25,000 were: high blood pressure (34%), Diabetes (12%), Asthma (12%), and Depression (21%). The Defiance County health needs assessment did not specifically identify the needs of minorities due to the low percentage of minorities in the county, and the implementation plans are inclusive of all populations, especially uninsured and low income populations.

Ten percent of Defiance County adults were uninsured at the time of the survey. Defiance County adults who were uninsured reported that the reason they were without health care coverage was that they had lost their job or changed employers (32%), that they could not afford to pay the out-of-pocket expenses or pay the insurance premiums (22%), they became a part-time/temporary employee (14%), Their employer does not/stopped offering coverage (13%), and that they became ineligible due to age or leaving school (10%).

<b>Table 3 – Health Issue</b>	<b>Low Income (&lt;\$25,000)</b>	<b>Defiance County 2012</b>
Rate health as fair/poor	33%	17%
Uninsured	30%	10%
Reported feeling sad, blue or depressed nearly every day for 2 weeks	21%	13%
Current Smoker	21%	18%
Used marijuana in the past 6 months	6%	4%
Overweight by BMI	32%	39%
Obese by BMI	43%	35%
Eating 5+ fruits & vegetables/day	--	8%
Diagnosed with High Blood Pressure	--	34%
Diagnosed with Diabetes	--	12%
Neighborhood not at all safe	--	
Looking for Food/Rent Assistance	--	9%
Concerned about meeting their general daily needs such as food, clothing, shelter, or paying utility bills in the last 30 days	28%	10%



Have 2 or more sexual partners	10%	4%
Diagnosed with Asthma	14%	12%
Diagnosed with Cancer	--	15%
Visited a dentist in the past year	49%	65%
Adults using a hospital emergency room as their usual place of health care	--	2%

The CHNA Health Partners committee concluded that key leadership in Defiance County should be made aware of the links between economic stability and health status and that progress toward decreasing the rates of the leading chronic health conditions and persistent health disparities can be made by addressing the economic status of Defiance County residents.

One of the major socio-economic concerns identified was transportation to available assistance services. Currently Defiance County lacks an accessible, affordable public transportation system and this deficiency presents an obstacle to many low income residents to reaching critical assistance. The Health Partners committee, guided by the United Way of Defiance County and ProMedica Defiance Regional Hospital, adopted a trans-strategy to explore the implementation of a public transportation network in Defiance County. This constitutes Strategy #4 of ProMedica Defiance Regional Hospital's Community Health Improvement Plan.

ProMedica Defiance Regional Hospital also partners with Mercy Defiance Hospital and Defiance College to provide a free health clinic to residents monthly. Staffed and funded by these entities, Defiance County residents have access to quality, basic healthcare at no cost on a regular basis. ProMedica Defiance Regional Hospital is committed to continuing this work in the community.

## DEFIANCE COUNTY - INFORMATION GAPS

The Defiance County Strategic Planning Committee completed a gap analysis of each of the five primary health issues identified for the county. It was the goal through this analysis that any areas where the community needed to expand or enhance its efforts would be identified and appropriate strategies could be developed. Current resources related to the identified health issues were categorized by the following guidelines: an **untested approach** had either no documentation that it had ever been used or had been implemented successfully without a formal evaluation of its effectiveness. A **promising approach** indicated a program that had been implemented and an evaluation had been conducted. However, the scientific rigor in this approach was insufficient. Finally, an **evidence based approach** indicated a plan that had been successfully implemented and had compelling scientific evidence of its effectiveness.

The knowledge base of 24 different agencies collaborated to perform this gap analysis. The group identified the types and services currently offered, the populations served by those resources, and how or if these services were evaluated for effectiveness. Gaps in coverage as related to the five primary health issues were noted, and included gaps related to community, individuals, schools, or families. For each gap identified, a review of the current community

resources was completed, and plausible strategies that may be implemented were logged. Rationales for each strategy were then laid out, along with evidence to support that selection. A strong adherence to evidence based management was emphasized.

The formal county assessment provided the members of the Strategic Planning Workgroup excellent primary data, along with some secondary and public health data. That said, it should be noted that some of the public health data is outdated, ranging back to 2006, and may be statistically invalid. The county assessment included all zip codes in the Defiance County area, but for purposes of strategic effectiveness and avoidance of duplication of services with other hospitals, ProMedica Defiance Regional Hospital will focus efforts on the zip code within its primary catchment area.

## **V. PROMEDICA DEFIANCE REGIONAL HOSPITAL COMMUNITY HEALTH NEEDS ASSESSMENT PROCESS**

Following the Defiance County strategic planning process, ProMedica Defiance Regional Hospital leadership convened a CHNA committee to thoroughly review the county assessment data, prioritize key health indicators specific to their demographic, identify available resources and gaps in resources, and develop implementation plans to address the specific needs of the population.

**Prioritization of health needs in its community** was accomplished by the ProMedica Defiance Regional Hospital CHNA committee that included: President of the hospital, Vice President of Patient Care, Unit Coordinator of Emergency Center and Trauma Care Services, Director of Ancillary Services, and the Marketing and Communications Representative. The ProMedica Defiance Regional Hospital CHNA committee developed the hospital CHNA, following the Defiance County Strategic Planning process, through the following steps:

- Review of existing Defiance County primary and secondary data sources;
- Discussion and consensus of priority health issues for ProMedica Defiance Regional Hospital with hospital Senior Leadership Team;
- Identification of current community resources which address the priority health issues;
- Definition of gaps in county-level services and programming;
- Researching effective programs, policies, and strategies to recommend for future implementations;
- Board discussion on catalytic philanthropy and how to seek funding sources for initiatives; and
- Identification of specific implementation action steps for each of the next three years.

Key secondary health data considered for the hospital CHNA came from the Ohio Department of Health top leading causes of death in Defiance County, based on population impacted:

**Table 4 - Defiance County Leading Types of Death****2006-2008 - Total Deaths: 12,776**

1. Cancers (25% of all deaths)
  2. Heart Disease (24% of all deaths)
  3. Stroke (7% of all deaths)
  3. Chronic Lower Respiratory Diseases (7% of all deaths)
  5. Accidents and Unintentional Injuries (5% of all deaths)
- (Source: ODH Information Warehouse, updated 4-15-10)

Although areas of the Defiance County Strategic Plan were not identified as part of the ProMedica Defiance Regional Hospital plan, ProMedica participates in many areas of the county plan, as indicated in Table 2, through various community health coalitions and initiatives. ProMedica Defiance Regional Hospital focused on other areas of need, indicative to health, as discussed below.

## **VI. PROMEDICA DEFIANCE REGIONAL HOSPITAL COMMUNITY HEALTH NEEDS & PRIORITIES**

As indicated in Table 2, ProMedica is actively involved in many priority health areas identified through the community process, including ProMedica Defiance Regional Hospital's participation in the ProMedica Come to the Table Hunger Initiative, the community dinner hosted by Defiance Regional each autumn, and the Defiance Free Clinic in partnership with Mercy Defiance Hospital.

Following the review and discussion of the health data and community gap analysis and priorities, ProMedica Defiance Regional Hospital identified the following health priorities (in order of importance, ranked by consensus):

### **1. Youth Mental Health**

- 30% of Defiance County youth in grades 9th-12th reported feeling sad or hopeless almost every day for 2 or more weeks in a row. 18% of that same population had seriously considered attempting suicide in the past year while 7% admitted to attempting suicide in the past year.
- The numbers for Defiance County youth feeling depressed or suicidal has been on the rise since 2008.
- 13% of Defiance County youth current drinkers have attempted suicide in the past 12 months, compared to only 3% of non-current drinkers.

### **2. Cancer**

- 15% of all Defiance County adults have been diagnosed with cancer at some point in their lifetime.
- Cancer remains a leading cause of death in Defiance County.

- 37% of adults over the age of 65 have been diagnosed with cancer at some point in their life.

### 3. Obesity/Hunger

- 74% of Defiance County adults are categorized as overweight or obese, totals that rise above the state and national averages. These numbers have been on the rise in recent years.
- 31% of all Defiance County adult deaths were caused by heart disease or stroke, of which obesity is a contributing health factor.
- 15% of Defiance County youth were classified as obese, above the national average.
- Defiance County youth spent an average of 3.8 hours on their cell phone, 2.7 hours on a computer, 2.1 hours watching TV, and 1.1 hours playing video games on an average day of the week, with 30% of 6th-12th graders admitting they watch 3 or more hours of TV per day.

### 4. Access to Care/Transportation

- Through anecdotal data gathered through the United Way of Defiance County and from the gap analysis performed by the Community Health Partners, it was determined that lack of an affordable public transportation system was a limiting factor in getting persons in need to the services provided for them. As such, the coalition recommended the exploration of the implementation of a local transportation system.
- As a partner of the United Way, and a member of the coalition, ProMedica Defiance Regional Hospital has agreed to support the implementation of a transportation system through assistance in seeking grant funding.

### 5. Community Health Partners Funding

- In order to sustain the organized and focused work of the Community Health Partners and Coalition, it was the recommendation of the participants to explore and determine future funding criteria and opportunities.
- This strategy will work to ensure that an organized administrative structure and viable resources are developed to both maintain the ongoing work of the Community Health Partners, including an entity that can apply for and receive grant funding, and to encourage the commitment of the full coalition to complete future Community Health Assessments.

The choice of ProMedica Defiance Regional Hospital priorities was driven by the input and feedback from the Health Partners coalition formed specifically for the completion of the Community Health Needs Assessment. This included participation from over 30 local agencies covering health-related services across diverse ages, races, and economic levels. All 3 hospitals in Defiance County were represented, including PDRH's own staff. PDRH also held discussions

with the other major healthcare provider in Defiance city, Mercy Defiance Hospital, to establish priorities and implement plans that would complement but not overlap one another.

The gap analysis performed by the Health Partners Coalition offered broad-spectrum insight into programs that were either not readily available to residents, or those that were available but were under-utilized or largely unknown to the public. The administration, board and staff of PDRH felt that this analysis was more complete than any that could have been undertaken by the hospital alone and helped in determining the hospital's health priorities.

County health data and the strategic plan priorities were reviewed by ProMedica Defiance Regional Hospital's Senior Leadership team, board of directors, and a special PDRH CHNA committee convened for the sole purpose of creating and writing the CHNA plan. All parties held consensus on the initiatives, priorities and their rank of importance.

## **VII. PROMEDICA DEFIANCE REGIONAL HOSPITAL – NEEDS, GAPS AND RESOURCE ASSESSMENT**

ProMedica Defiance Regional Hospital did not address all of the needs identified in the most recently conducted Defiance County Health Needs Assessment as these areas either go beyond the scope of the hospital or are being addressed by, or with, other organizations in the community. To some extent, resource restrictions do not allow the hospital to address all of the needs identified through the health assessment, but most importantly to prevent duplication of efforts and inefficient use of resources as many of these issues are addressed by other community organizations and coalitions.

With that being said, ProMedica Defiance Regional Hospital maintains an awareness of the five primary health issues identified for the county, and demonstrates a willingness to partner as needed on these endeavors. While many of these issues are best handled by organizations specifically targeted to the problem area, the hospital participates with many of these coalitions through representation, funding, or a combination of both.

Areas exist within the primary health issues for ProMedica Defiance Regional Hospital to take a strategic lead. The health initiative to decrease obesity among adults and youth provides an excellent opportunity for the hospital. ProMedica Defiance Regional Hospital has already taken this issue under task with the work of its dietitians, the healthy preparation and selection of its cafeteria foods, and its 'Sugar Free' policy regarding soft drinks and juices. Regarding youth mental health issues, there currently are no in-patient treatment resources for teens within the Defiance County area. ProMedica Defiance Regional Hospital, with its highly successful psychiatric service program, is in a position to investigate options to resolve this gap.

## **VIII. PROMEDICA DEFIANCE REGIONAL HOSPITAL – IMPLEMENTATION STRATEGY SUMMARY**

Following the finalization of the Defiance County strategic plan, ProMedica Defiance Regional Hospital commenced with finalizing its own plan, looking for those items and areas where the

hospital could assist with filling gaps and help accomplish county goals. The hospital's multidisciplinary, multi-level community health plan steering group arrived at consensus on a set of proposed hospital action steps. The steering group also met with representatives from Mercy Defiance Hospital on August 9, 2013, to compare proposed ideas for action steps, to assure that the county's two major healthcare providers coordinated efforts.

PDRH identified the following health priorities (in order of importance, ranked by consensus):

1. Youth Mental Health
2. Cancer
3. Obesity/Hunger
4. Access to Care/Transportation
5. Community Health Partners Funding

The implementation plans for these priorities include specific programs and measurements that will occur annually and progress will be reported quarterly to leadership and the Board of Directors. ProMedica Defiance Regional Hospital will not address all of the needs identified in the most recently conducted Defiance County Health Needs Assessment as these areas either go beyond the scope of the hospital or may be addressed by, or with, other organizations in the community. To some extent limited resources do not allow hospitals to address all of the needs identified through the health assessment, but most importantly to prevent duplication of efforts and inefficient use of resources as many of these issues are addressed with, or by, other community agencies and coalitions across Defiance County that are listed in table 2 above. Many health issues are addressed by physicians at a related patient visit.

Following approval of the ProMedica Defiance Regional Hospital implementation strategy and plan by the ProMedica Defiance Regional Hospital board of trustees, the execution of the ProMedica Defiance Regional Hospital implementation action plans will be initiated, with quarterly updates of these plans provided to ProMedica Defiance Regional Hospital leadership, as well as the ProMedica Defiance Regional Hospital board of trustees.

**Annual inclusion of a community benefit section in operational plans** is reflected in the Community Benefit chapter of the ProMedica strategic plan – this is one of five chapters that all ProMedica hospitals address in their strategic plans for implementation, and they are approved by the board of trustees, and monitored and reported quarterly to hospital leadership. As part of the annual strategic planning and budgeting process, the adoption of a budget for provision of services that address the needs identified in the needs assessment is included in the hospital budget and approved by the ProMedica Defiance Regional Hospital Board.

## **IX. ACCESS TO PROMEDICA DEFIANCE REGIONAL HOSPITAL CHNA AND OTHER RESOURCES**

**ProMedica Defiance Regional Hospital community health needs assessment is widely available in printable (pdf) form to the public on the hospital website at:**

[www.promedica.org/chna](http://www.promedica.org/chna)

The link to the Defiance County assessment is available on the following website: Defiance County General Health District -

[http://www.defiancecohealth.org/Needs\\_Assessment\\_Surveys.htm](http://www.defiancecohealth.org/Needs_Assessment_Surveys.htm)

For information on the free clinic provided in Defiance County through a partnership between ProMedica Defiance Regional Hospital, Mercy Defiance Hospital, and the Defiance College, (that provides basic healthcare at no cost to patients) please contact Diane Simon at [diane.simon@promedica.org](mailto:diane.simon@promedica.org).

For any questions related to the ProMedica Defiance Regional Hospital community assessment process and strategic plan, or to request a hard copy of the assessment, please email: [cometothetable@promedica.org](mailto:cometothetable@promedica.org) or call hospital administration at 419-783-4493.